

WIC Foods for Partial Breastfeeding Mom and Baby

The new WIC foods help you and your baby meet today's nutrition needs. You can continue to enjoy milk, cereal, eggs, juice, peanut butter and beans plus fruits, vegetables and whole grains.

At six months of age your baby can receive baby food fruits, vegetables, and cereal.

New
&
Improved!



Your New WIC Foods

- ♥ Are lower in fat and higher in fiber
- ♥ Provide appropriate nutrients for your baby's growth
- ♥ Promote steady weight loss and help you maintain a healthy weight after delivery
- ♥ Are consistent with Dietary Guidelines, MyPyramid, and infant feeding recommendations!

What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
<p><u>FOR MOM:</u> 36 ounces iron-fortified cereal 1 pound of whole wheat bread Or other whole grain options</p> <p><u>FOR BABY:</u> 24 ounces iron-fortified infant cereal at 6 months old</p>	<p><u>FOR MOM:</u> \$8 cash value voucher for fruits & veggies 144 fluid ounces of vitamin C-rich juice</p> <p><u>FOR BABY:</u> 128 ounces baby food fruits & veggies at 6 months old</p>	<p><u>FOR MOM:</u> 22 quarts of reduced fat, low fat, or skim milk Or allowed substitutions</p> <p><u>FOR BABY:</u> Your breast milk! Infant Formula in amounts to meet your baby needs for their age.</p>	<p><u>FOR MOM:</u> 1 pound dried beans or peas 1 dozen eggs 18 ounces of peanut butter</p>

Breastfeeding...
more than *just* good nutrition.

